

# Making your own turmeric supplement



## Course booklet

# Welcome

Hello and welcome to the course,

The aim of this course is to provide you with a basics on turmeric.

This course is an introductory level course and is really a starting point in the exciting world of medicinal plants.

## Safety

### Herbs and medications

Herbs are often seen as 'safe' because they are natural but that is not the case, and when someone is taking medications they can interact with herbs (as well as a wide range of supplements and vitamins).

If you are taking any medication I do not recommend you take any herbs internally without first consulting a medical herbalist to check for interactions.

# **Herbs and particular medical conditions**

In these courses we will only be looking at self limiting conditions, things that you would generally not seek medical attention for. e.g. coughs and colds.

It is important to seek medical attention when appropriate, either through a local doctor or local medical herbalist.

# **Herbs, pregnancy and breastfeeding**

While there are some herbs that are beneficial in pregnancy and breastfeeding, they must be strictly controlled and for that reason I recommend anyone who's pregnant to see a medical herbalist for advice before taking any herbs (internally) at any stage of pregnancy (or breastfeeding).

External preparations can be used for pregnant women but if you are ever in doubt check with a local medical herbalist.

# What is herbal medicine?

Herbal medicine is the use of plant based medicines to restore and maintain health.

Herbal medicine is the oldest form of medicine in the world, with over 80% of the world's population using herbal medicine as their only form of medicine (WHO statistic).

In the UK, herbal medicine is often seen as a 'complementary' medicine, as it can be used safely alongside orthodox medicine.

Many orthodox medicines in use today originated from medicinal plants, for example aspirin from willow bark, and digitalis from foxglove.

Medicinal plants have been used for thousands of years for health and nutrition, and modern scientific research is now starting to explain how that works. For example, Valerian has been shown to improve sleep in several studies\* and is now available to buy over the counter as an alternative to sleeping tablets.

Ginkgo (Ginkgo biloba) is another herb that has been studied extensively in recent years, research has shown that Ginkgo can improve brain function in people with Alzheimer's and Dementia\*.

# Capsule making

## Making capsules without a machine



It is possible to make capsules without a machine, simply buy some empty capsules and then pull the two halves apart. Then scoop the powder you wish to fill them with into the

halves and press them together (they often click).

It's really as simple as that and while more time consuming it is inexpensive and quite fun once you get into a good rhythm.

## Making capsules with a machine

If you're a keen capsule maker and you want to make your own more efficiently then you can buy a capsule machine. They come in 25, 50 and 100 capsule sizes.

There are videos on how to use the different sizes, just search for the make that you decide on through YouTube and you'll likely get a video.

I also have a [video of me using my capsule machine](#) (100 phoenix).

## But I don't like taking capsules



Don't worry if you're not a fan of taking capsules, there are lots of ways to get the benefits of turmeric without taking capsules.

Here's a [great video on making a 'golden milk' drink](#) - full of amazing anti-inflammatory spices.

You can also make lozenges with either honey or coconut oil, here's [my video](#) on that.

# Turmeric as a supplement

## Turmeric the wonder drug

You will probably will have already heard of turmeric as a wonder supplement as it's had a large amount of press around the world and that is still continuing. This really came about from it being studied first as an anticancer or cancer treatment option (pharmaceutical companies tried to make it into a cancer fighting drug) and then as a possible treatment for Alzheimer and dementia as an anti-inflammatory for the brain.

These large studies really brought turmeric into the spotlight not just within medicine but also to the general

public as well. Something that was hidden at the back of the spice rack was suddenly getting top billing as the answer to 'all ills.'

## Turmeric as a supplement



Suddenly everyone has decided they want to try taking turmeric capsules and usually there are mixed results.

Some of this is from poor products but the majority of the problems come with the fact that turmeric is quite difficult for our bodies to absorb.

## Absorbing turmeric

The keys to being able to absorb turmeric are black pepper or ginger, and or a fat. Without these the turmeric just passes straight through without really being absorbed and giving us it's amazing benefits.

But when we add in black pepper, ginger and or a fat suddenly we get absorption that is much higher and people see the great effects of turmeric.



## Can turmeric help me?

Turmeric when taken correctly can have many health benefits and as it **does not interact with any medications or conditions** it is safe to try at home.

Turmeric is a fantastic anti-inflammatory and many people switch from drugs like Ibuprofen to turmeric but if you're going to try that yourself you need to remember that you'll need about 4 turmeric capsules per the equivalent Ibuprofen standard dose.

Turmeric also has mood balancing properties so can be helpful for people with depression and anxiety, it is also an immune system booster so you can take it for colds and flus and as a preventative for those (it's great in a [fire cider!](#)).

The maximum dose of turmeric per day is 7g. Which is actually a lot! In fact that's the equivalent of about 20 capsules.

You do not need to take that amount to get an effect, that's just the safe maximum amount.

I would recommend starting at 2 capsules per day and then you can increase to 3 and then 4 in the following weeks as necessary.



# Making your own turmeric supplement



## Turmeric supplement recipe

7 teaspoons (35g) of turmeric powder

1 teaspoons (5g) of ground black pepper (or ground ginger)

Mix together thoroughly and then add to capsules or cooking or make into a golden milk.

## Home pharmacy

You can find out more about how to make herbal home remedies in my free eBook [Kitchen pharmacy](#).

## What next?

### Other courses you may enjoy

If you've enjoyed this course I have lots more. You can take a look [here](#).